



# WELCOME TO

## Food For Us: We're All at the Table Together

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## LEON COUNTY SUSTAINABLE COMMUNITIES SUMMIT 2015





# Local Context of “Good Food”





# Miaisha Mitchell

*Executive Director*  
Greater Frenchtown  
Revitalization Council

THE GOVERNOR'S



**Front Porch**  
FLORIDA  
INITIATIVE

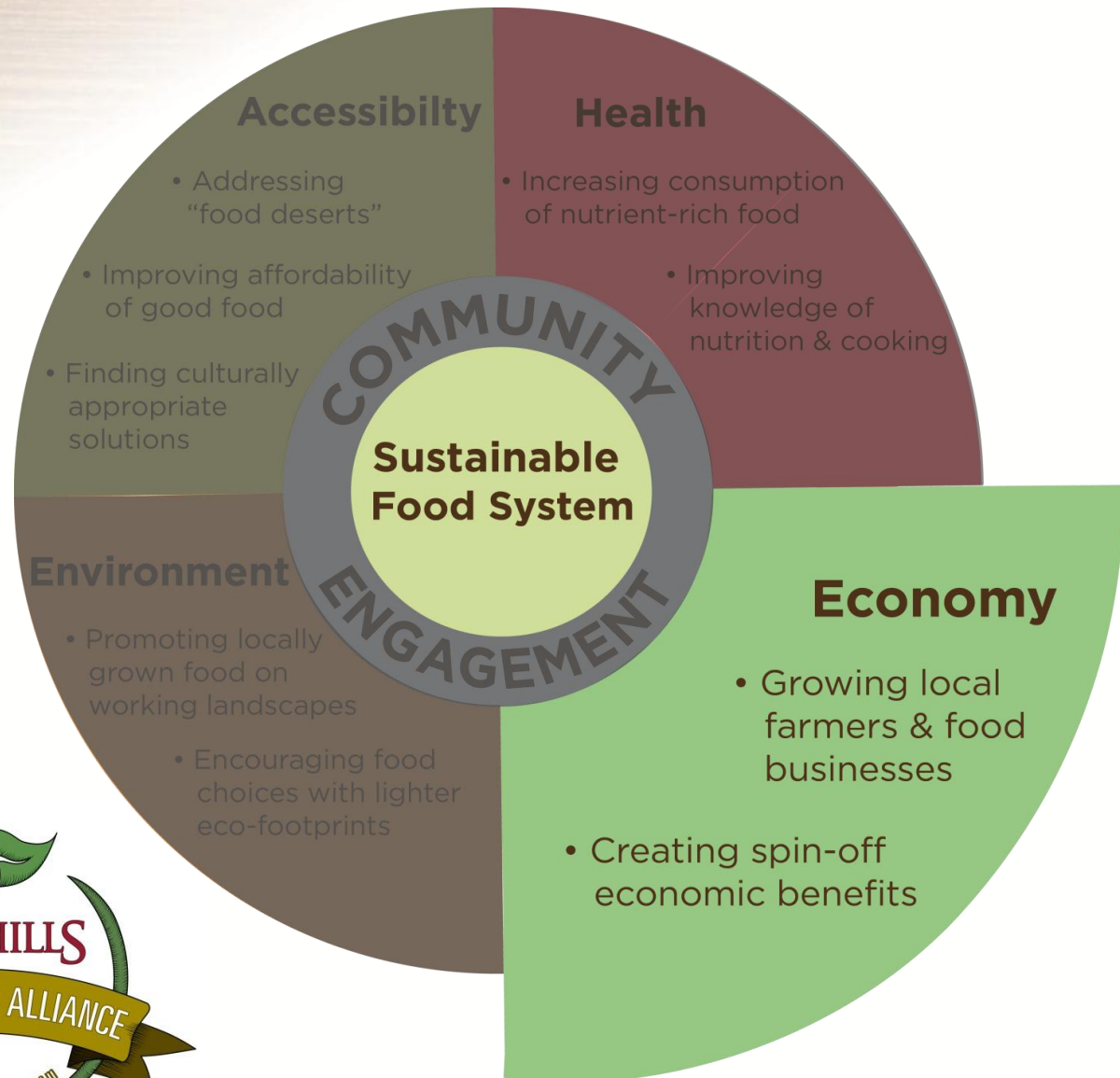




**Katie Harris**

*Co-Manager*  
Full Earth Farm

*Executive Co-Director*  
Red Hills Small Farms  
Alliance







**Dr. Richard Gragg**

*Professor*  
FAMU School of the  
Environment





# The Good Food Environment

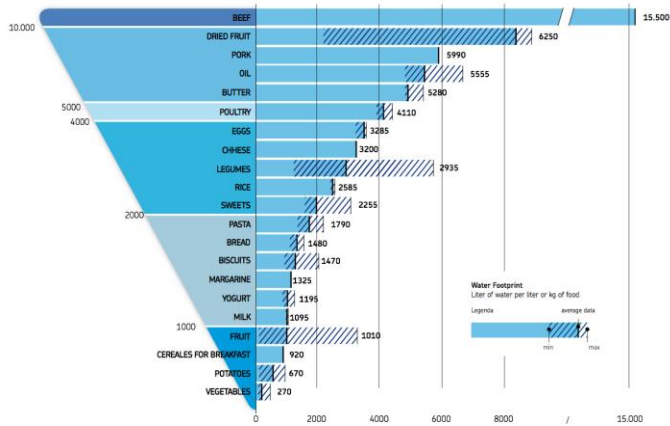
Richard D. Schulterbrandt Gragg, Ph.D., **DBA The Food Conversation**  
Associate Professor of Environmental Science and Policy  
Florida A&M University School of the Environment



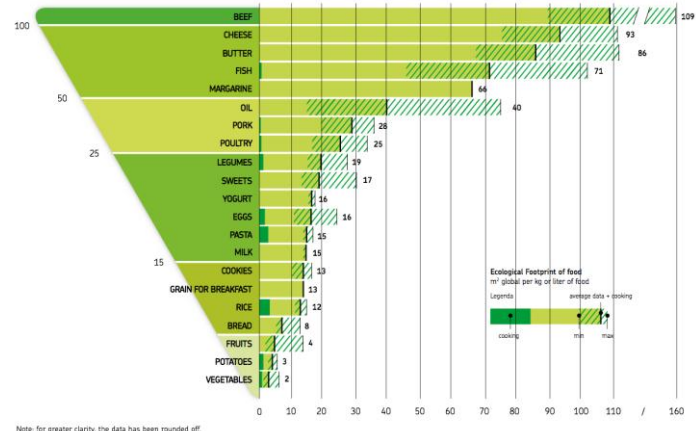
- **Carbon Footprint**, representing and identifying greenhouse gas emissions responsible for climate change: measured through the CO2 equivalent;
- **Water Footprint** or *virtual water content*, quantifying consumption and how to use water resources: measured through water volume (liters);
- **Ecological Footprint**, measuring the quantity of biologically productive land (or sea) needed to provide resources and absorb the emissions produced by a manufacturing system: measured in m<sup>2</sup> or global hectares.



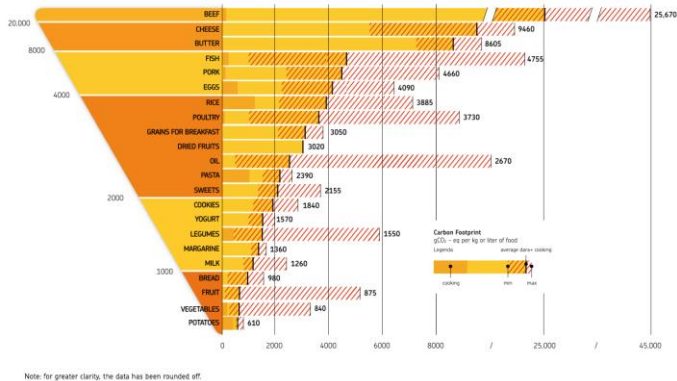
# Environmental Food Footprints



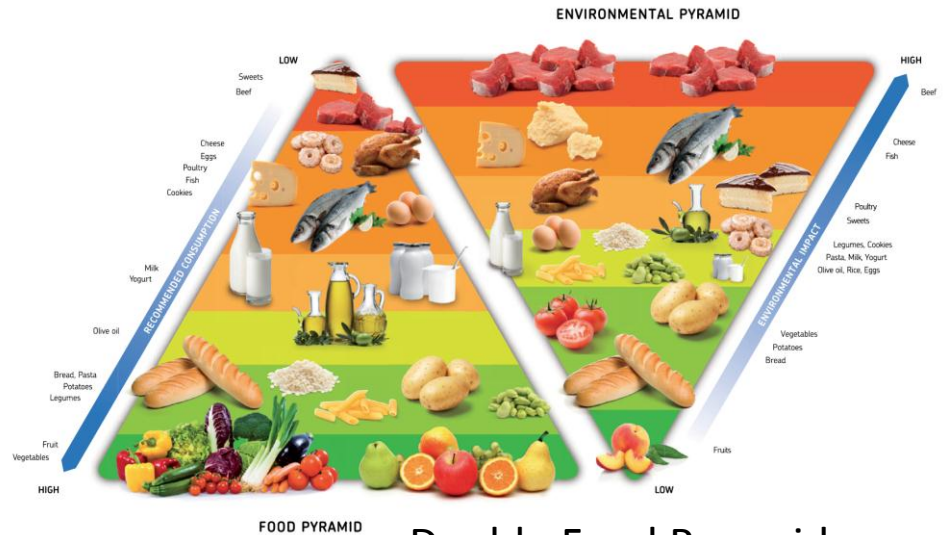
Water



Ecological



Carbon



Double Food Pyramid

# Environmental Food Footprints

	ENVIRONMENTAL ASPECTS	NUTRITIONAL ASPECTS	ECONOMIC ASPECTS	SOCIO-CULTURAL ASPECTS
AGRICULTURE	Substitute sustainable agricultural practices. Promote resilience of the systems of production. Develop and maintain diversity.	Promote different varieties of food. Produce food that is full of nutritional elements.	Develop convenient cultivation techniques. Promote self-sufficiency through local production.	Maintain traditional agricultural practices and promote local varieties.
FOOD PRODUCTION	Reduce the impact of production, processing and sale.	Preserve nutrients along the food chain.	Strengthen local food systems. Produce food at accessible prices.	Produce culturally acceptable food.
CONSUMPTION	Reduce the environmental impact of food consumption.	Promote a diversified, balanced and seasonal diet.	Promote economic accessibility to a varied diet.	Safeguard food traditions and culture. Meet local tastes and preferences.

**Nitrogen runoff to water**

**Soda & Burger**

**Food Deserts**

**Less cooking**



# Community Engagement at Florida A&M University

At Florida A&M University community engagement is a means through which the institution is, addressing its challenges, goals and opportunities. **The Sustainability Institute** was created by President Mangum to advance the research, teaching and application of sustainable solutions at the campus, local, regional and global level. The Institute provides leadership and coordination for university-wide sustainability initiatives with global impact. We engage the entire campus community, as well as external partners, in three core programmatic areas:

## ACADEMIC

Enhance our academic mission with targeted real-world problem solving research and teaching. Train a generation of global change agents.

## OPERATIONS

Improve efficiencies and environmental stewardship in campus operations including but not limited to energy, waste, food, construction and procurement.

## OUTREACH

Engage and serve the broader community with activities that promote principles of sustainability beyond our boundaries.

*"At Florida A&M, sustainability is more than a buzzword. It's been a part of our history since designation as a Land Grant university in 1890. As we continue to build a 21st century institution, our intellectual pursuits, our operations and our leadership will be marked by a deep integration of sustainability." - Dr. Elmira Mangum, President of Florida A&M University*



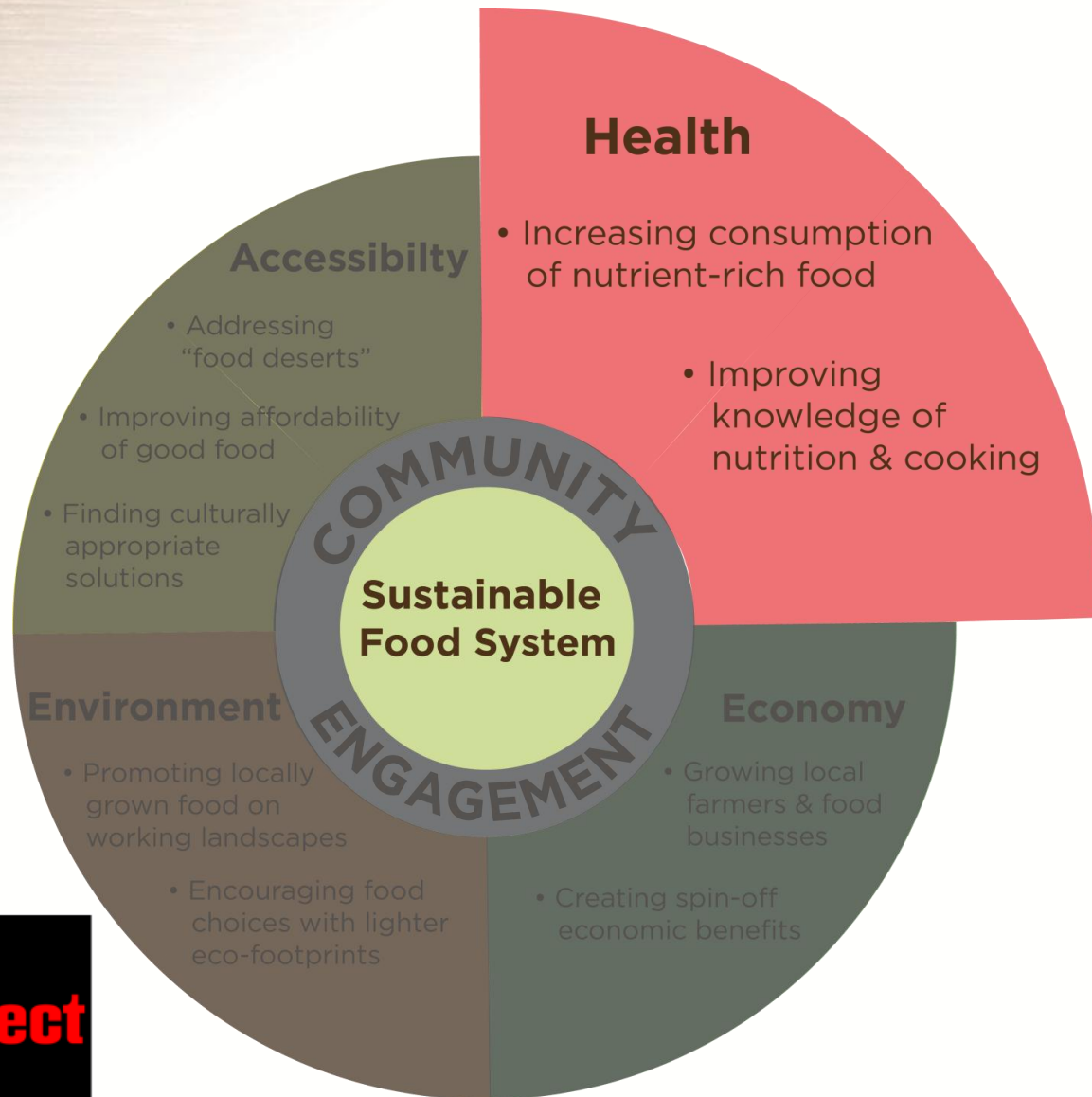
## Dr. P. Qasimah Boston

*President of the Board of  
Directors*

Tallahassee Food Network

*Director*

Project Food Now





Tallahassee Prevention  
Arts Community Network  
Asantewa Design  
Association Opportunities  
Coalition Youth  
Women Symposium TYC  
At Frenchtown Policy  
Workshops Grower's  
Mini Yaa Grow  
Redevelopment  
Engagement Childhood  
International  
Hunger Talk  
Conference  
Education  
Cultural  
Greater Festival Market  
Natural  
Parent  
Obesity









Work Days  
Mon & Fri 2<sup>30</sup> - 5<sup>30</sup>

















projectfoodnow@gmail.com





**Heather Mitchell**

*President*

United Way Big Bend



United Way of the Big Bend





ROYAL INNOVATION DESIGN GROUP

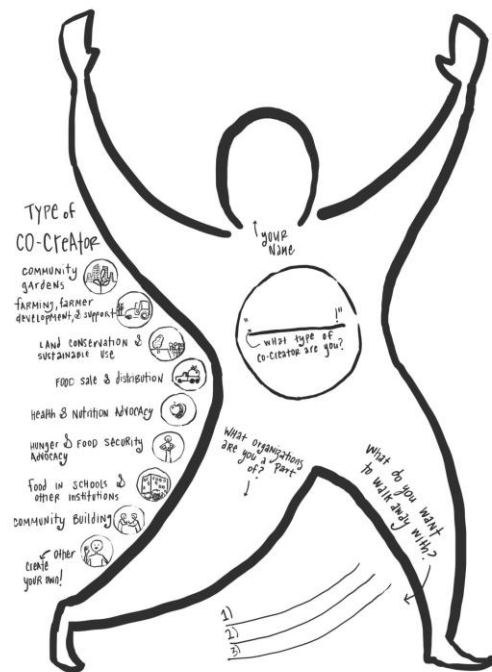
- Michelle Royal - Captain of Clarity
- Luke Filloramo - Facilitator of Awesome
- Claire Stephens - Graphic Recorder of Amazing



# What Kind of Co-Creator Are You?

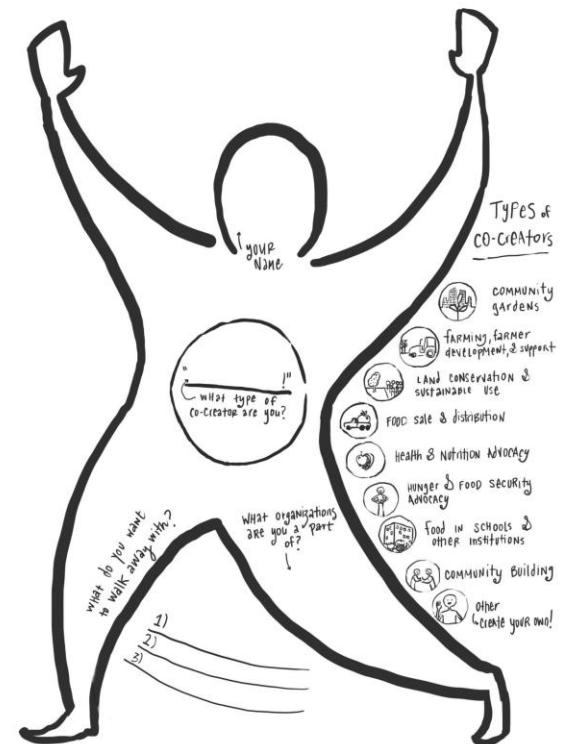
## WHAT KIND OF CO-CREATOR ARE YOU?

**Your Mission:** Take a few moments to answer the questions below. Record your answers on the co-creator character. Volunteers will collect these for display after this exercise.



## WHAT KIND OF CO-CREATOR ARE YOU?

**Your Mission:** Take a few moments to answer the questions below. Record your answers on the co-creator character. Volunteers will collect these for display after this exercise.







# What Kind of Co-Creator Are You?

- Name
- Organization
- Co-Creator Type (pick one from the list)
- Three things you want to walk away with



# Karen Washington





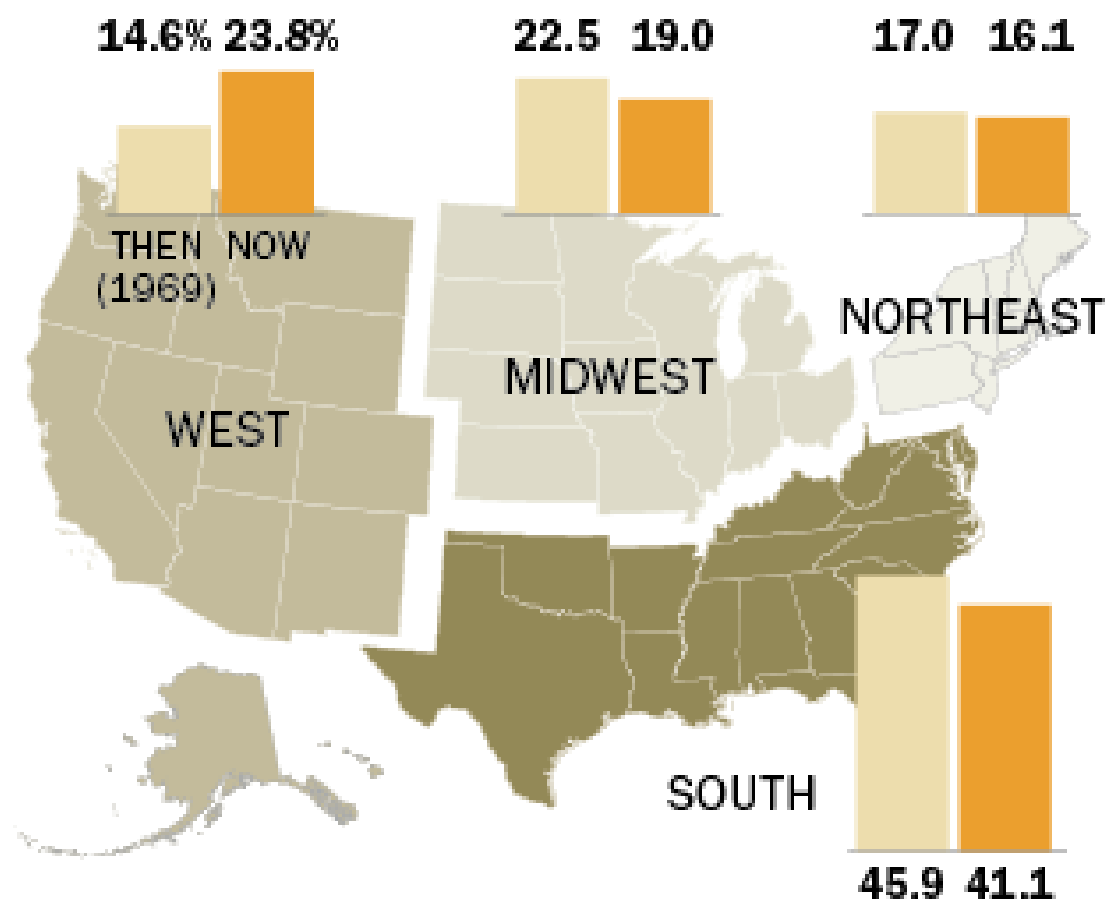
# Healthy Food Builds Health communities





# The Geography of America's Poor

*Percent by region of total U.S. below poverty line*



Source: Census Bureau

PEW RESEARCH CENTER

# Poverty

- In 2013, 45.3 million people (14.5 percent) were in poverty.
- In 2013, 26.4 million (13.6 percent) of people ages 18-64 were in poverty.
- In 2013, 14.7 million (19.9 percent) children under the age of 18 were in poverty.
- In 2013, 4.2 million (9.5 percent) seniors 65 and older were in poverty.
- In 2013, the overall poverty rate according to the Supplemental Poverty Measure is 15.5 percent, as compared with the official poverty rate of 14.5 percent.
- Under the Supplemental Poverty Measure, there are 49.7 million people living in poverty, nearly 3 million more than are represented by the official poverty measure (47.0 million).

## **FACTS**

- Globally, there are more than 1 billion overweight adults, at least 300 million of them obese.
- Obesity and overweight pose a major risk for chronic diseases, including type 2 diabetes, cardiovascular disease, stroke, hypertension, and certain forms of cancer.
- The key causes are increased consumption of energy-dense foods high in saturated fats and sugars, and reduced physical activity



1900's 40% of our  
population lived on  
farms, now only 2%.

early 1900's, we had over  
5, 00,000 farms and 70%  
of our food was home  
grown. Today 2 million  
farms.

## **America's Obesity Epidemic**

- Today two-thirds of adults and nearly one-third of children struggle with overweight and obesity.
- If obesity rates stay consistent, by 2030, 51 percent of the population will be obese by 2030.
- Twenty years ago, no state had an obesity rate above 15 percent. Today there are 41 states with obesity rates over 25 percent, according to the Trust for American's Health.
- Since 1980, the rate of obesity in children and adolescents has almost tripled.
- 72% of older men and 67% of older women are now overweight or obese .



# The Three Food Groups

- **Processed Food**- new wave of food source. The food group of the 20<sup>th</sup> century. After all the TV dinner was supposed to revolutionize the food system.
- **Junk Food**- cheap, low cost, imitates the color and flavor of food with chemicals and additives.
- **Fast Food**- cheap, convenient, hidden dangers, addictive.

**WAR GARDENS**

**FOR  
VICTORY**



**GROW VITAMINS AT  
YOUR KITCHEN DOOR**

## **What are the health benefits of growing your own food?**

- Less stress
- Gives you power
- You grew it
- Exercise
- Community
- Tradition
- Culture
- Spirituality
- Education
- Health and well-being
- Flora and fauna
- Economics



## Challenges

- We are faced with an aging population in the food movement. The average age of a rural farmer who is predominately male is 57. If you started your garden in the 1970's or 80's and you were 40, you are now in your 70's and 80's and mostly female.
- We have a growing youth population that is inheriting food related illnesses normally associated with an aging population and a criminal justice system which has incarcerated mostly young men of color.
- We have an elder population that can remember getting food from farms and or backyards, living longer, but are now succumbing to the ills of processed food and tobacco.
- We have vacant land, inherited land, farms and community gardens that go idle because we have no one to work on them.
- Politics: land for development versus growing food. Red tape.
- Economics: volunteerism is all well in good, but most people are looking at ways to feed their families or make a profit; and many of our youth are seeking to get paid. Farmers and farm workers need to be paid a living wage for their product and work. Green Jobs.

## **Together we can change the food system by advocating for:**

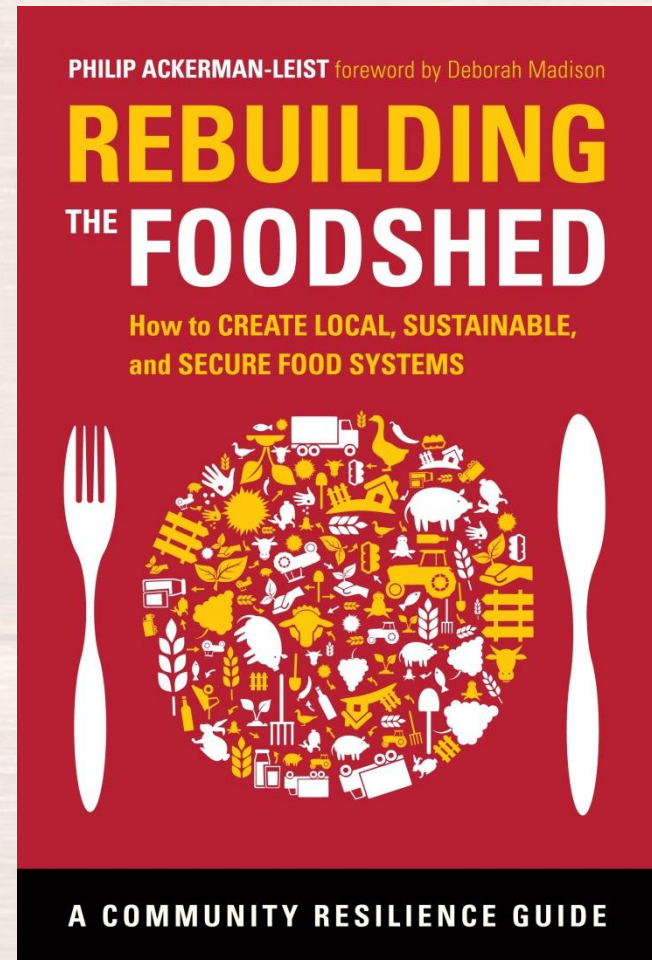
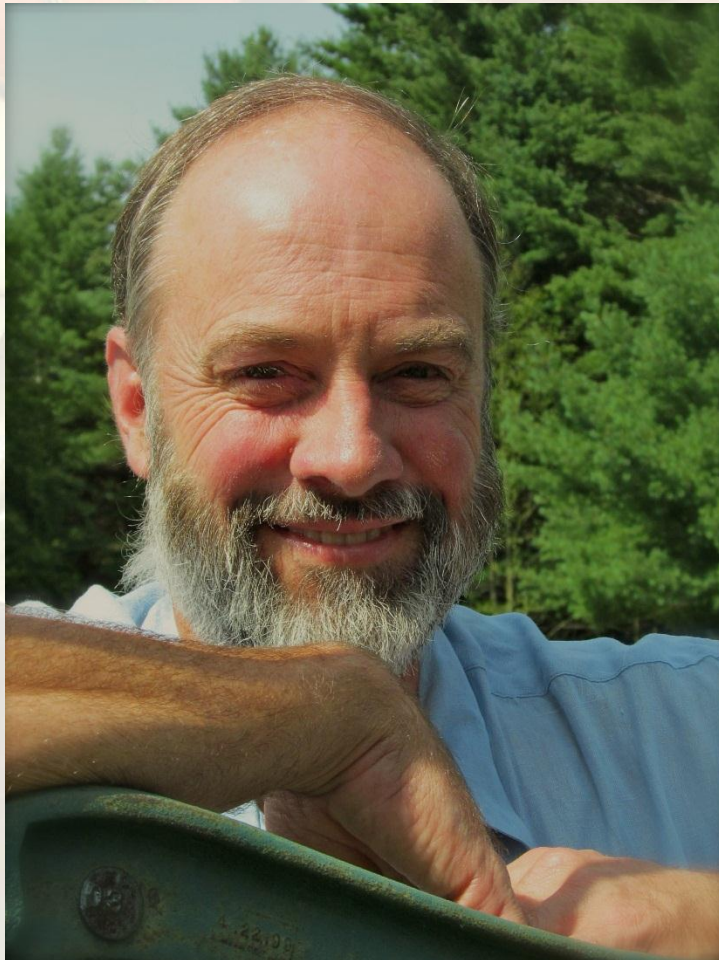
- The right to have food and water that is healthy and safe.
- The right to have all food labeled.
- The right to have food that is organically or naturally grown, no pesticides or GMO in our food.
- The right for our farmers, farm workers, fishermen and restaurant workers to receive health benefits and a living wage and pay for their work and product.
- Tax breaks and incentives given to businesses that are willing to sell and provide healthy, food options to low income neighborhood as well a living wage jobs.
- Do away with antiquated laws that prevent people from obtaining land and growing food.

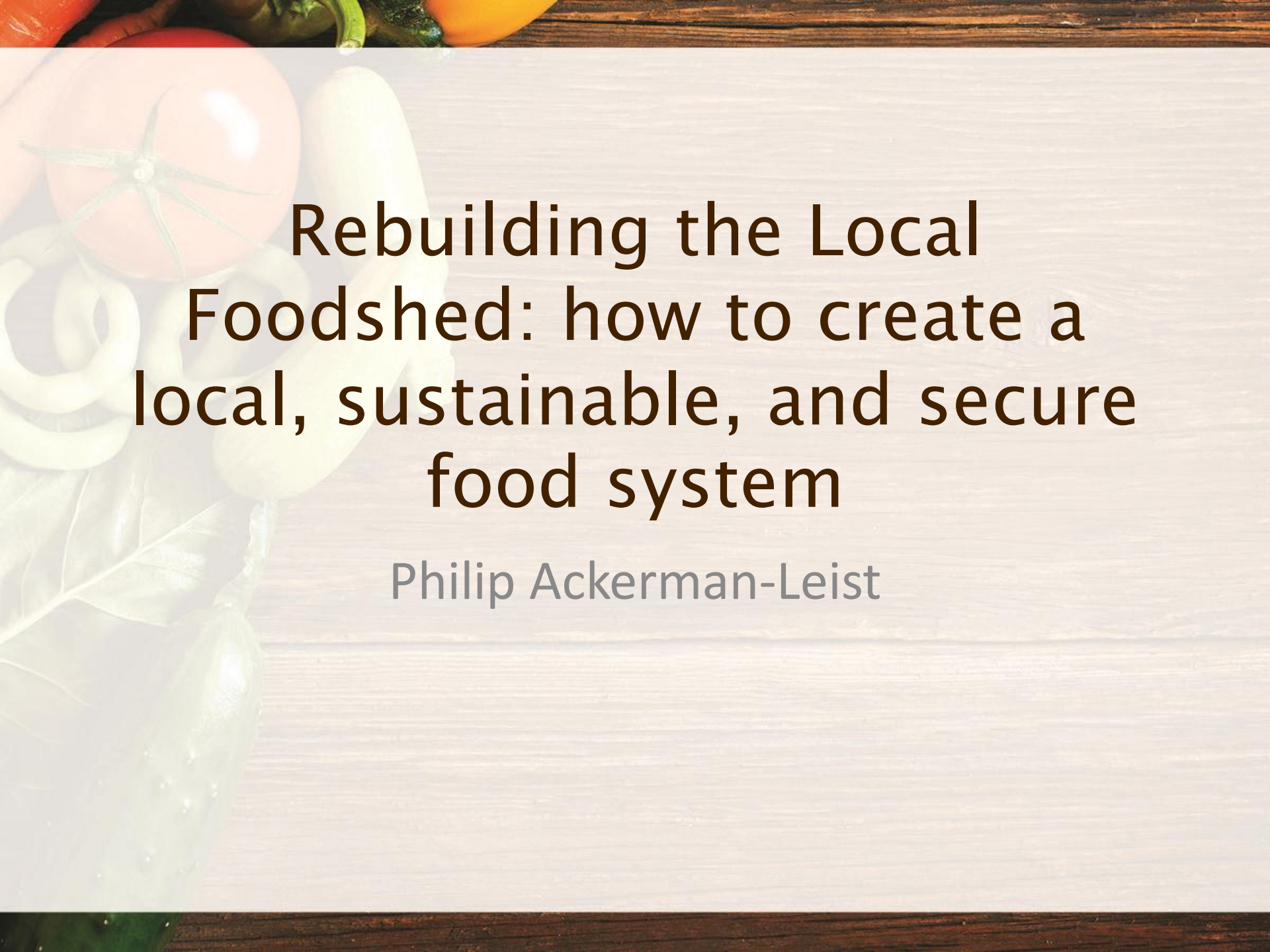
*I leave you with this, “To grow your food gives you power, you know who and why you grew it, you grew it for yourself, your family and your community”*

Karen Washington



# Philip Ackerman-Leist

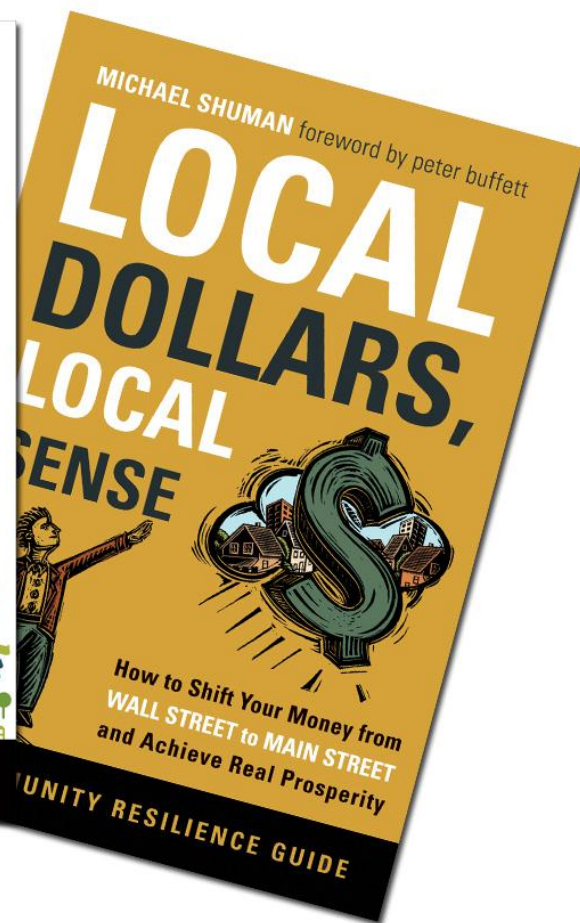
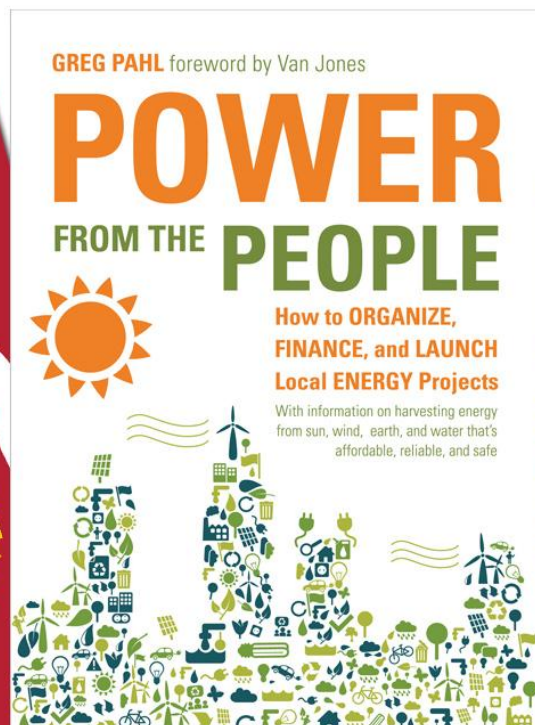
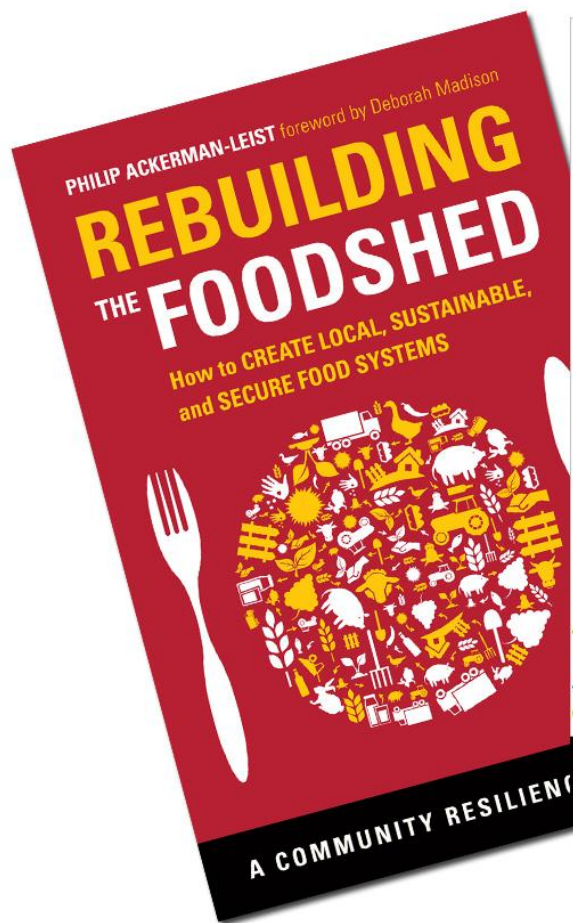




# Rebuilding the Local Foodshed: how to create a local, sustainable, and secure food system

Philip Ackerman-Leist









**Foodshed as New  
Democracy?**

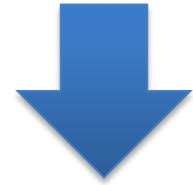


# Foodshed:

Defined by the periphery of our  
influence to create positive change

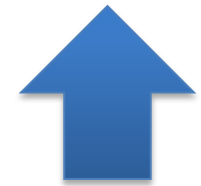


**Democracy**



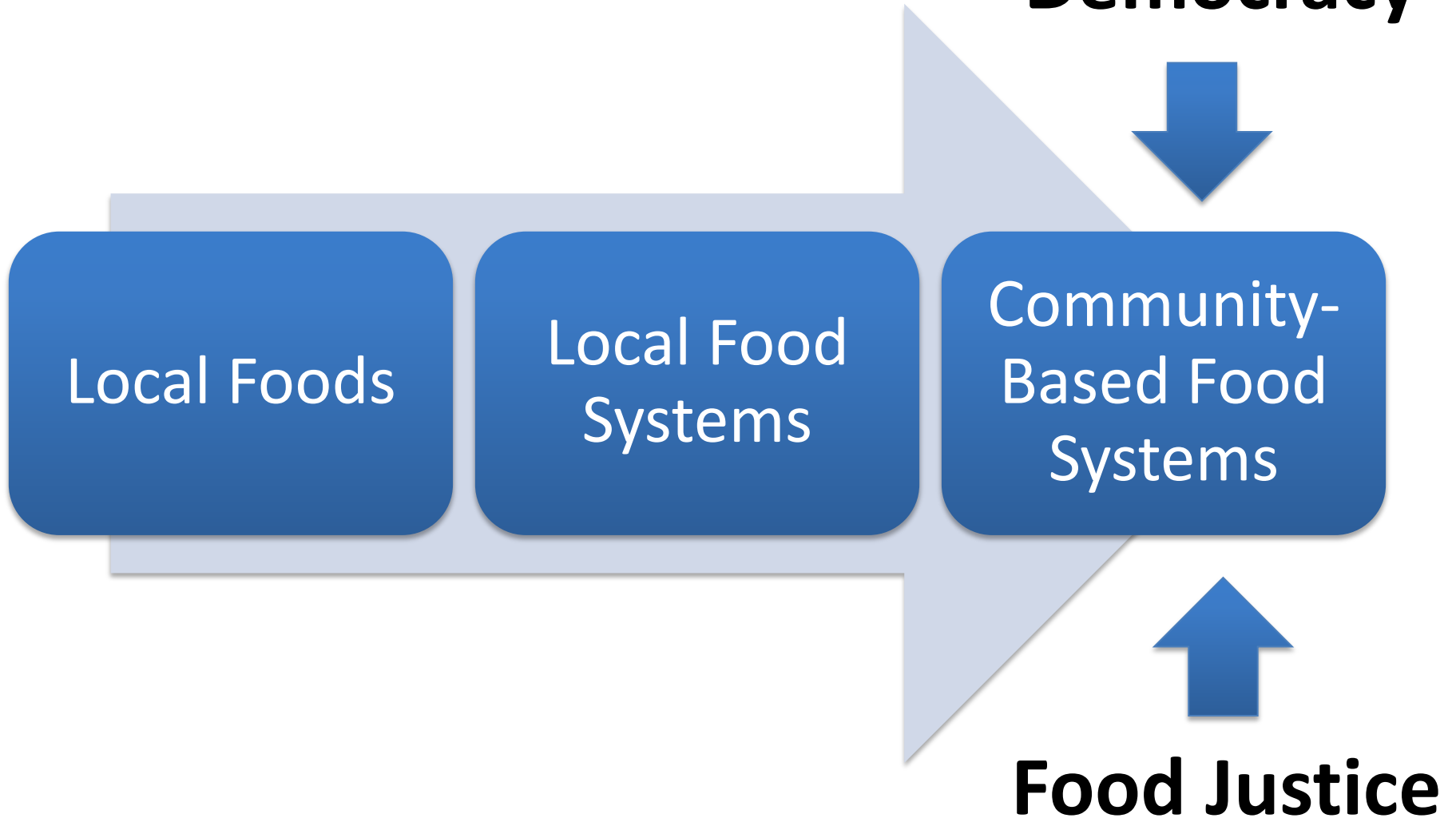
Community-  
Based Food  
Systems

**Food Justice**



Local Foods

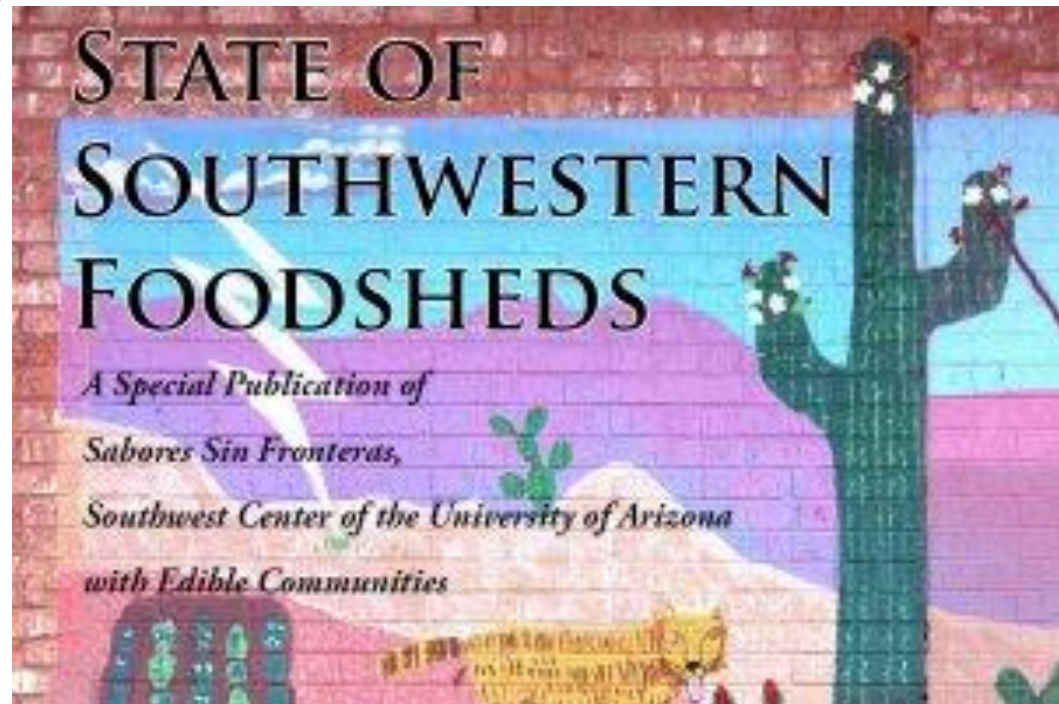
Local Food  
Systems





*Is it possible to redesign our food systems in the U.S./Mexico borderlands so that they enhance the “caring capacity” of our lands and its communities? Can we increase that capacity so that we will be less apt to impoverish both the health of the land and the health of its multi-cultural communities than they currently do?*

Gary  
Nabhan



DONATE NOW!



About Us What We Do Eating Locally

## WHAT'S NEW

**HELP RUTLAND REGION FARMERS & HURRICANE IRENE RECOVERY INFO** ([click here](#)) Check the [What's Growin' On](#) blog and [UVM Extension](#) for updates

**Everyday Chef:** Follow RAFFL's newest blog about how to use, prepare, and cook local food.

**Check out our:** New Farmer Blog [What's Growin' On](#), [Latest Newsletter](#), and [2010 Annual Report](#).



Supports the growth of a thriving agricultural system that connects farms, local communities and consumers in Rutland County, VT.

Farming Locally Get Involved



DOWNLOAD OUR  
Annual Locally  
Grown Guide

The Rutland Area Farm and Food Link is a non-profit operating in the Rutland Region of Vermont. We work to increase access to local foods and support the economic viability of area farms through education of the public and by facilitating new and expanded markets, distribution mechanisms, and processing infrastructure for farms and farm products in the Rutland Region.

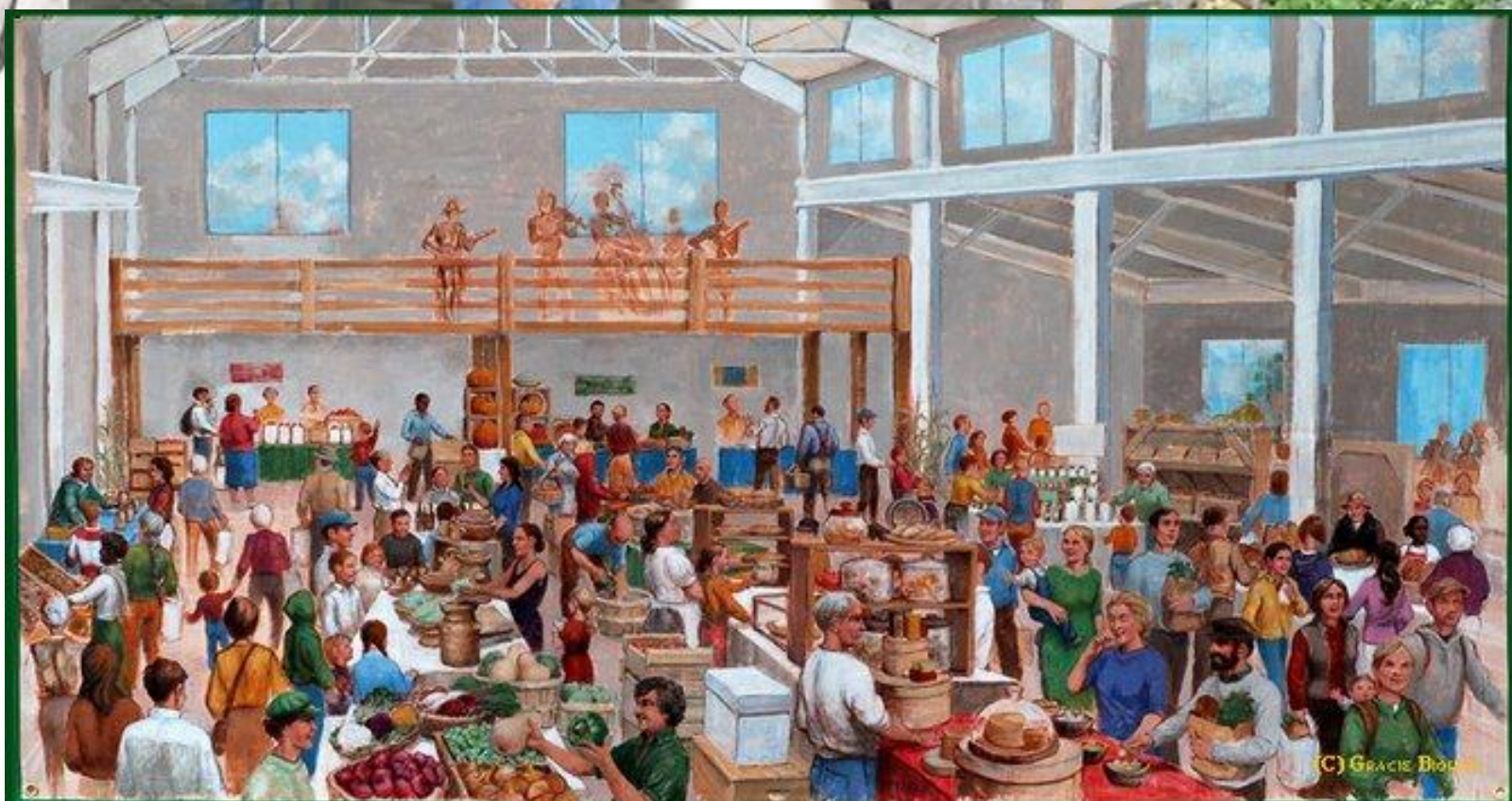
DONATE NOW!



JOIN OUR MAILING LIST!

Rutland Area Farm & Food Link • P.O. Box 561 • East Poultney, VT 05741 • [E-mail](#) • 802-417-7331











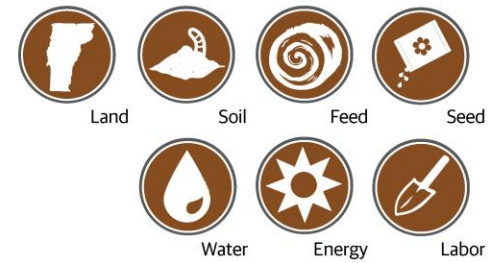
# ACEnet

***The Appalachian Center  
for Economic Networks***

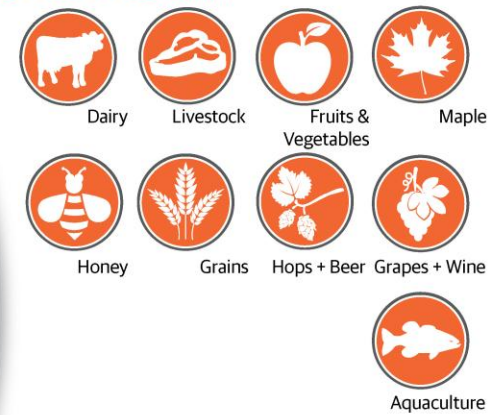
<http://www.acenetworks.org/>



TOTAL JOBS and BUSINESSES	
<b>Jobs</b>	<b>Businesses</b>
58,348	11,496
16.4% of private jobs	13.6% of private businesses



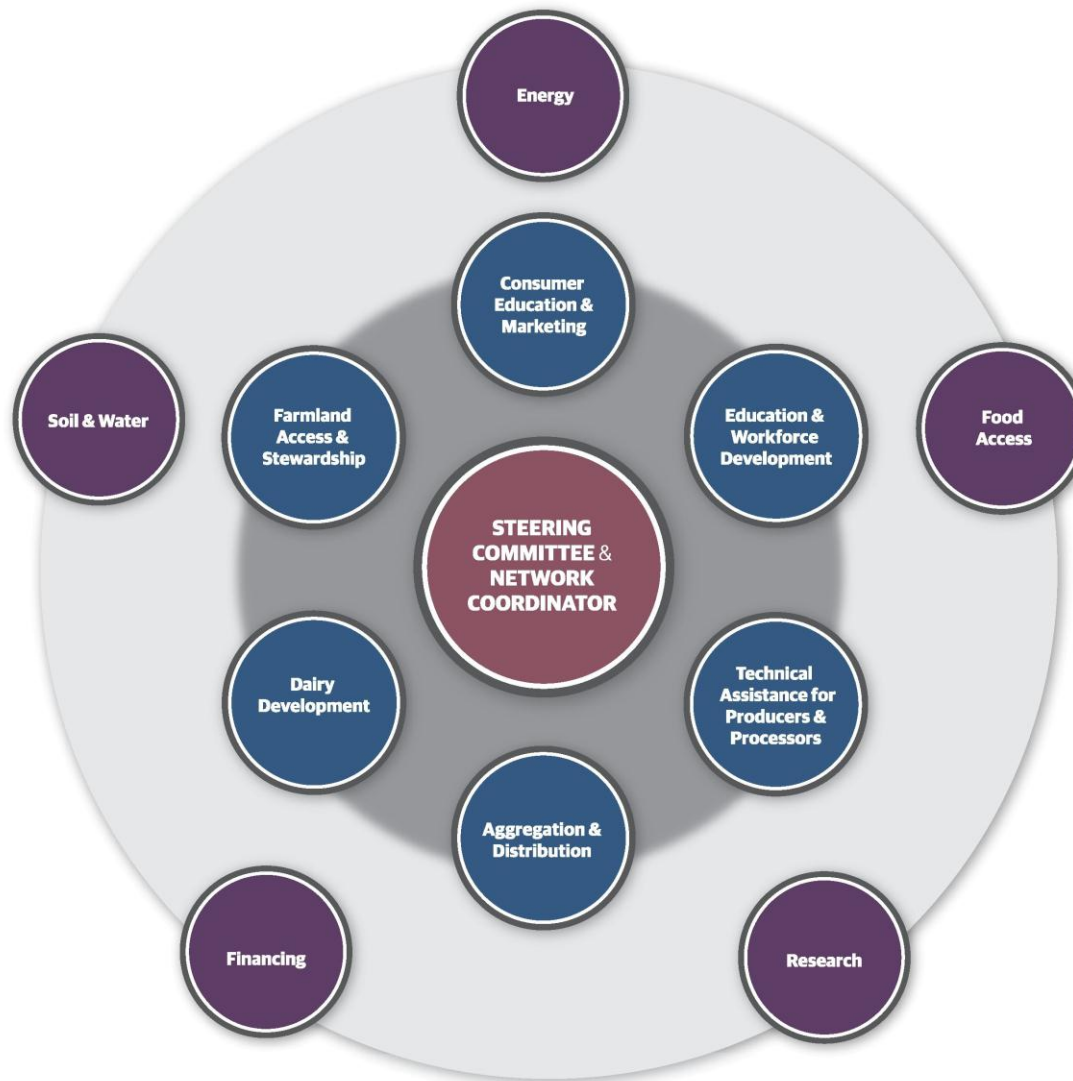
### 3.3: Food Production



### 4: Crosscutting Issues



Updated January 2013



F2P Network  
Coordination



F2P Network  
Fund



**VERMONT**  
FOOD SYSTEM ATLAS



Special  
Convenings &  
Trainings



Learning &  
Implementation  
Progress Report

**Network Coordinator: Backbone Support Structure for the F2P Network**

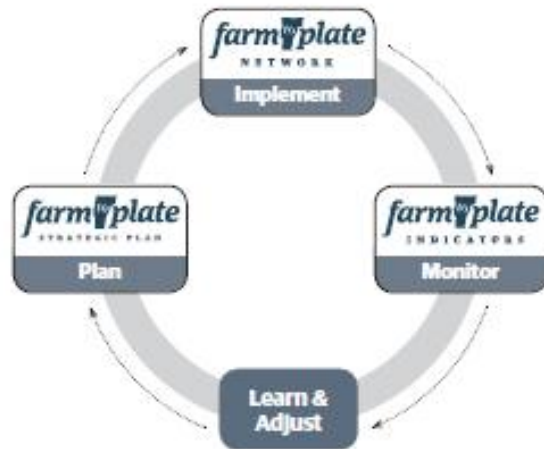


# farm to plate

## INDICATORS

### Measuring Success

The Farm to Plate Strategic Plan identifies dozens of indicators to measure success over the next ten years. The Farm to Plate Network will monitor progress toward accomplishing our goals. The Vermont Food System Atlas will provide a web-based platform for organizations and businesses to provide and gather data.



Vermont Food System  
Agricultural Soils



Vermont Food System  
Food Access - Charitable Food Sites

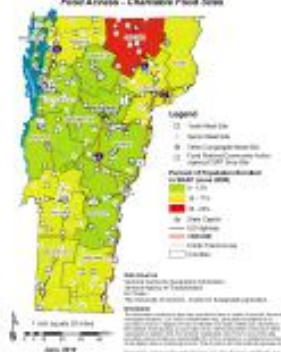


Photo credits: Photo by Burlington Gardens, Vermont Food Board, David Shaw Production, and David Lurie

The primary goals of the legislation are to:

1. Increase economic development in Vermont's food and farm sector.
2. Create jobs in the food and farm economy.
3. Improve access to healthy local foods.







LOG IN

COLLECTIONS



Entire Site

Keyword, person, location

GO

SEARCH THE ATLAS

THE PLAN

THE NETWORK

GETTING TO 2020

THE ATLAS

## EXPLORE VERMONT'S FOOD SYSTEM

GET LISTED IN THE ATLAS

Search for people and places in Vermont's food system by keyword, food system category, and location.

POPULAR  
SEARCHES

FINANCING

EDUCATION

TECHNICAL  
ASSISTANCE

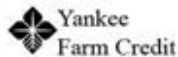
FOOD  
ACCESS

REGULATIONS

DISTRIBUTION

CHOCOLATIERS

SUPPORTED BY



The Plan  
The Network  
Getting to 2020  
The Atlas  
Job Listings

About Farm to Plate  
Funders  
Contact / Feedback  
Privacy Policy  
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Vermont Sustainable Jobs Fund

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Vermont Sustainable Jobs Fund, 3 Phipps Court, Suite 2010, Montpelier, Vermont 05602



<http://www.vtfoodatlas.com/>

Farm to School Food Education Every Day!



# Vermont FEED

A Partnership of: Food Works at Two Rivers Center,  
NOFA-VT and Shelburne Farms



# Save the Date!

*For the first ever*

## FARM *to* INSTITUTION SUMMIT

April 7-9, 2015

UMass, Amherst, MA

*farm to  
college*

*farm to  
hospital*

*farm to  
school*

Want to share your ideas or get involved?

Contact us at [summit@farmtoinstitution.org](mailto:summit@farmtoinstitution.org)!

HOST



PARTNERS



NEW ENGLAND  
*Farm to College*  
WORKING GROUP



[www.farmtoinstitution.org/summit](http://www.farmtoinstitution.org/summit)



TALLAHASSEE  
COMMUNITY  
COLLEGE



*The*  
**FAMU**  
**CONNECTION**



# REAL FOOD CHALLENGE

*Uniting students for just  
and sustainable food.*

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Tweets

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Get REAL at Your School



# The Future of RFC: Road to \$1 Billion

**\$ 1 Billion  
converted to  
real-food**

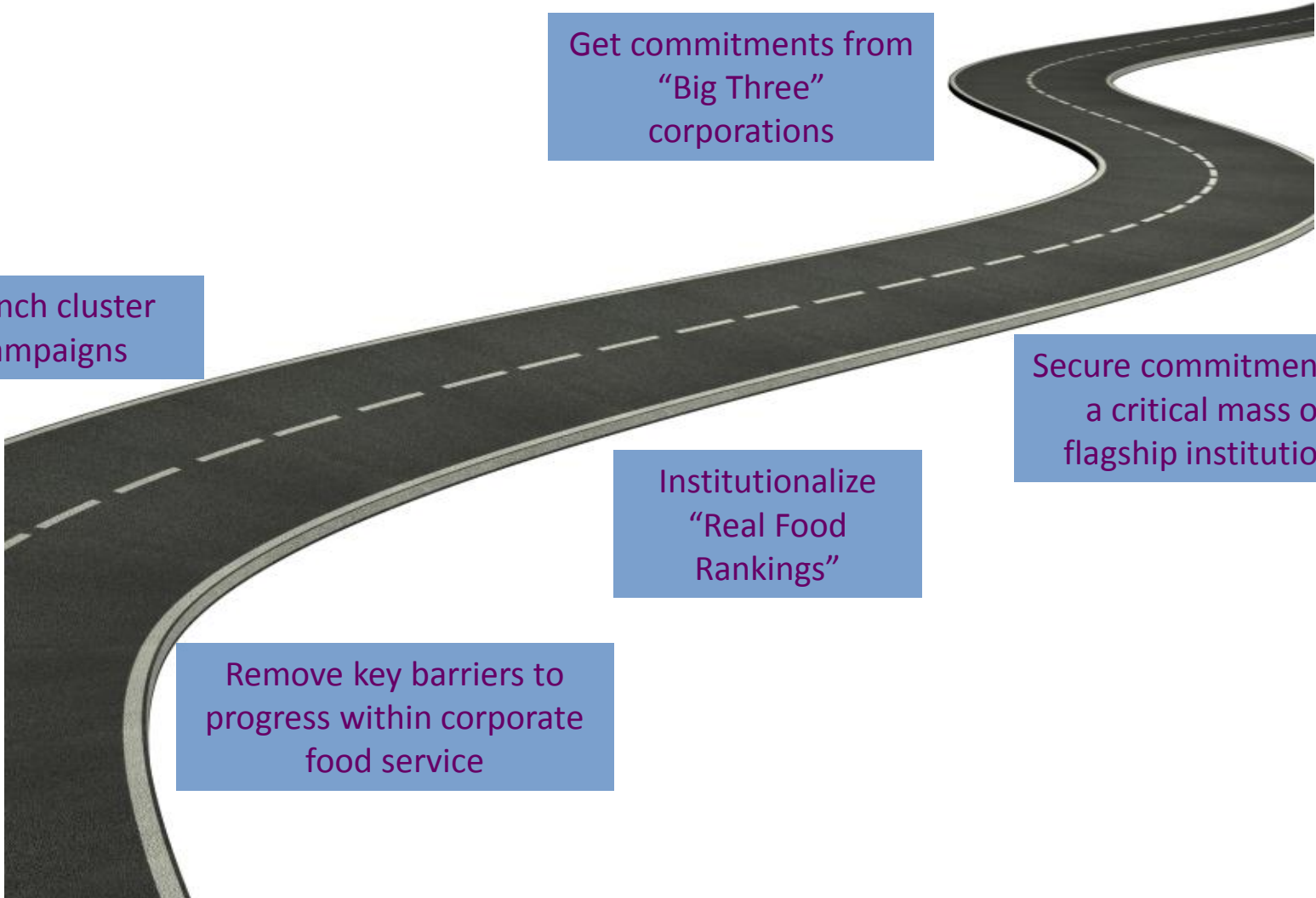
Get commitments from  
“Big Three”  
corporations

Launch cluster  
campaigns

Secure commitments at  
a critical mass of  
flagship institutions

Institutionalize  
“Real Food  
Rankings”

Remove key barriers to  
progress within corporate  
food service













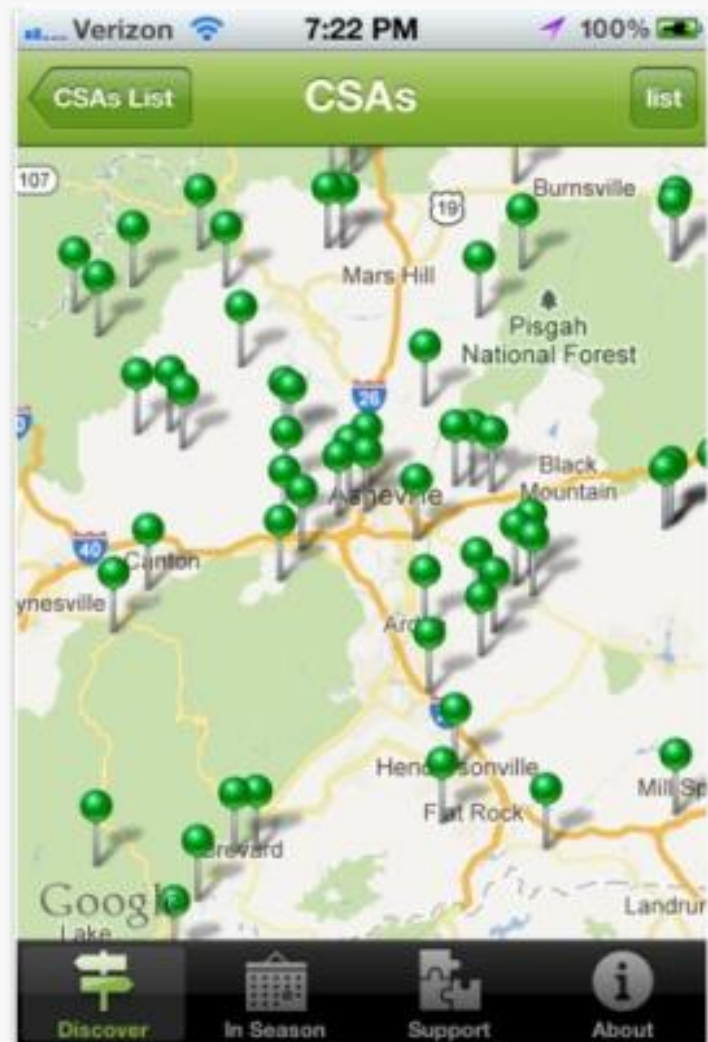
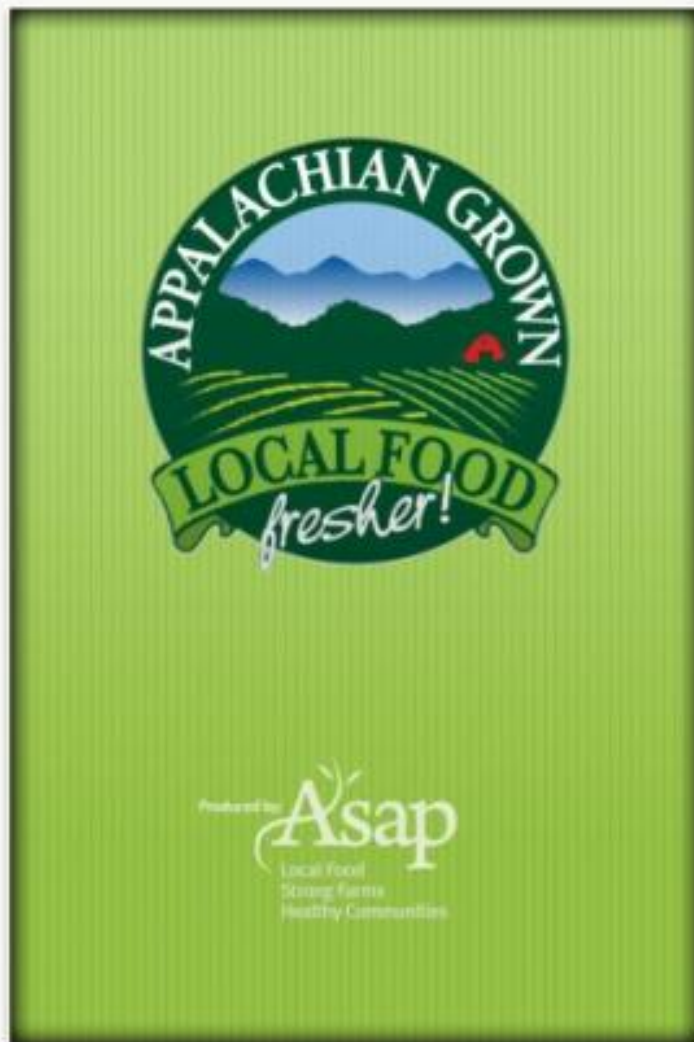








## iPhone Screenshots



# Prison Labor Bringing Gleaned Crops To Food Shelves

By AMY KOLB NOYES • SEP 20, 2013

## SHARE

Twitter

Facebook

Google+

Email



*Inmates load bags of gleaned winter squash into Salvation Farms' truck.*

AMY NOYES VPR



# GREEN COLLAR=CUELLO VERDE

workers retrained to work in agriculture = "reconvertido profesionalmente en la agricultura"

"el estudiante"  
= the student

MARIA BRAVO

JOSE NUÑEZ

"el maestro"  
= the teacher

"la calabacita"  
= the zucchini

"la flor"  
= the flower

"el cuchillo"  
= the knife

## ALBA= AGRICULTURE + LAND BASED TRAINING ASSOCIATION

This group provides land and guidance for aspiring farmers  
(like Maria Bravo) and farmworkers interested in growing and selling  
their own organic crops. Farmers are trained in:

- 1) organic farm production
- 2) marketing
- 3) record keeping
- 4) labor practices
- 5) pest management

(and other skillsets required for  
running a small farm business)

31 August 2010  
Alba Organic Farm  
at Fiple M Ranch  
Los Lomas, CA

MARIA BRAVO WAS AN OFFICE WORKER AT BIRDSEYE FOODS FOR 20 YEARS BEFORE THE PLANT CLOSED IN 2003.



THE LEXICON OF  
**SUSTAIN  
ABILITY**



Rebuilding our foodsheds  
reminds us that we should not  
confuse **liberty** with the  
freedom to ignore, **the pursuit  
of happiness** with mindless  
trampling, or **life** as a mere  
biological threshold of tentative  
sustenance.



# **Lunch!**

- BBQ pork wrap
- Vegan Seminole Squash Wrap
- Vegan & Vegetarian Roasted Sweet Potato Wraps
- Sweet Potato Chips
- Vegan Dessert Tray



# Afternoon Guidelines

- **OBJECTIVE:** Energize, Prioritize and Activate the Sustainable Food System of Leon County by the community for the community.
- **AGENDA:**
  - Food For Us Community Vision
  - Survey Result Initiative Prioritization
  - IDaction: Plans for today and tomorrow
- **ROLES:** Facilitators, Participants
- **RULES:**
  - Yes...And...
  - Focus
  - One Person at a Time
- **Have Fun & Celebrate!**

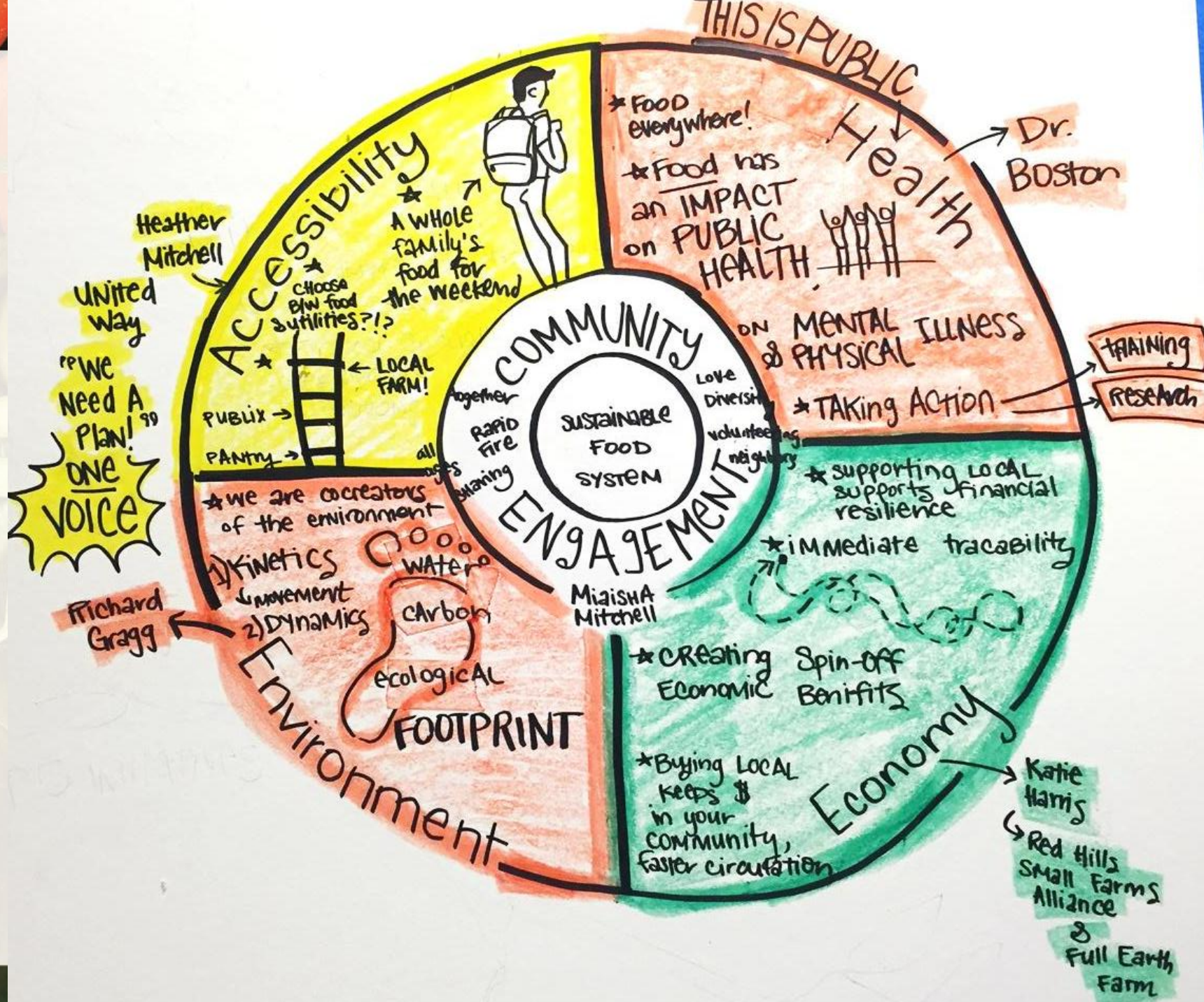


A collection of fresh vegetables including a red tomato, a yellow bell pepper, a green pepper, a white onion, a green cucumber, and a green leafy vegetable, all arranged on a light-colored wooden surface. The vegetables are fresh and vibrant in color.

# Food for Us Community Vision











# GROW Test

**G** How much will this initiative **GIVE** to the community?

**R** What are the **RESOURCES** required?

**O** How **OBSERVABLE** will its success be?

**W** How **WILLING** am I to co-create this initiative?



# **GROWTH** Brainstorming session

**G** What will this initiative **GIVE** the community?


**R** What **RESOURCES** will make this initiative a stellar success?

**O** What **OBSERVABLE** metrics can we measure?

**W** **WHO** needs to be at the table to ensure its success?

**T** What is the **TIMELINE** to complete this initiative?

**H** **HOW** can this be a success?

A collage of fresh vegetables including tomatoes, onions, and cucumbers on a wooden background. The text is overlaid on a semi-transparent white rectangular area.

**THANK YOU TO OUR  
UNFORGETTABLE CO-  
CREATORS!**



# Top Five Initiatives!

- Healthy Food Education
- Community Garden Network
- Gardens in Schools
- Community Food Plan
- Community Garden Land Trust

A collage of fresh vegetables including tomatoes, onions, and cucumbers on a wooden background. The text "Thank You for Coming!" is overlaid in a dark brown font.

**Thank You for  
Coming!**